

**Department of Health and Human Services  
Division of Mental Health and Developmental Services (MHDS)  
Substance Abuse Prevention and Treatment Agency (SAPTA)<sup>1</sup>**

**Length of Stay and Relapse Information  
State Fiscal Years 2003, 2004, 2005, and 2006**

January 2007

**Estimate of the Average Number of Days in Treatment (Length of Stay)**

Addiction to alcohol and/or other drugs is a treatable, chronic, relapsing, primary disease of the brain. Prolonged alcohol and other drug abuse produces a change in brain chemistry and function that eventually leads to compulsive use. Once substance use becomes compulsive, most people need support and treatment to become drug free.

The Substance Abuse Prevention and Treatment Agency, as well as the Substance Abuse and Mental Health Services Administration is concerned that treatment clients receive a continuum of care that leads to sustained recovery. For this reason, the ability to track individual clients through levels of treatment is paramount for program oversight. The new data system, Nevada Health Information Provider Performance System (NHIPPS) was implemented on July 1, 2006. This new system will allow SAPTA to track clients through various levels of service to gather treatment episodic data. Data for SFY 2006 was collected on the previous Client Data System and does not have this ability. Therefore, episodic length-of-stay has been estimated for SFY 2006 by subtracting the first admission date within 500 days of the last discharge date. These days in treatment were then averaged. In SFY 2006 the Average episode for adolescents (12 to 18 years of age) was **91** days and the average episode for adults (greater than 19 years of age) was **81** days.

**Average Number of Days in Service Levels**

The following table details the average length of stay per service level (time from admission to discharge from the perspective service level).

<b>Service Level</b>	<b>SFY 2003</b>	<b>SFY 2004</b>	<b>SFY 2005</b>	<b>SFY 2006</b>
Detoxification	3	3	3	3
Short Term Residential	18	17	17	17
Long Term Residential	57	52	55	56
Intensive Outpatient	34	34	33	32
Outpatient	99	78	81	83

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<sup>1</sup> The Division of Mental Health and Developmental Services (MHDS), Substance Abuse Prevention and Treatment Agency (SAPTA), was previously known as the Health Division, Bureau of Alcohol and Drug Abuse (SAPTA).

## Percentage of Relapse

Relapse was determined by counting individuals who have had more than one admission for the same level of care during each calendar year. As substance addiction is both psychological and physical, sustained recovery is dependent on providing a continuum of treatment care as well as an effective recovery support system once an individual achieves abstinence.

<b>SFY</b>	<b>% Relapse w/o Detox</b>	<b>% Relapse for Detox</b>	<b>Total %Relapse (Includes Detox)</b>
<b>2003</b>	<b>7.2%</b>	<b>13.1%</b>	<b>8.7%</b>
<b>2004</b>	<b>7.5%</b>	<b>9.3%</b>	<b>7.9%</b>
<b>2005</b>	<b>6.4%</b>	<b>10.1%</b>	<b>8.1%</b>
<b>2006</b>	<b>4.6%</b>	<b>13.6%</b>	<b>7.1%</b>

When individuals are able to easily access services, believe others are able to assist in achieving recovery and are able to stay in treatment for a minimum of ninety (90) days, relapse numbers are lowered, but not completely eliminated. The life-long commitment made by programs to their clients is required to encourage clients to return to treatment should symptoms of active addiction return.